



NAV AIR LAKEHURST



SAFETY AND HEALTH NEWSLETTER

APRIL 2003

NAES LAKEHURST PUBLIC SAFETY DEPARTMENT VOLUME 6, ISSUE 7

POWER AND HAND TOOL SAFETY

Hand tools are tools that are powered manually. They include anything from axes to wrenches. The greatest hazards posed by hand tools result from misuse and improper maintenance. Some examples are using a screwdriver as a chisel. The tip of the screwdriver may break and fly off posing an eye hazard. If using a wood handled tool such as a hammer or an axe and the handle is loose cracked or splintered, the head may fly off. You should never use or permit anyone else to use unsafe hand tools.



Knives and scissors must be sharp. Dull tools may cause more hazards than sharp ones. When using saw blades, knives or other tools, you should direct them away from aisle areas and away from other employees working in close proximity. Worn wrenches present a slip hazard, which could cause a hand or finger pinch. Impact tools such as drift punches, wedges and chisels with mushroomed heads may shatter when struck sending out flying debris. Iron or steel tools may produce sparks that can be an ignition source around flammable substances. Where this hazard exists, spark resistant tools made of non-ferrous materials should be used.

Power tools may be any of the following, electric, pneumatic, liquid fuel, hydraulic or powder actuated. These tools have their own distinct safety rules. Always be familiar with the manufacturers instructions. These tools should never be carried by their cord or hose and should be disconnected when not clamps or in a vise, freeing both hands to operate the tool. away from the area. Exposed moving parts of power tools saws with a disk diameter over 2 inches require guards. Hand equipped with a constant pressure switch so that it shuts off the power. Some equipment has a "lock-on" feature control and is allowed as long as the operator can shut off the control with a single motion using the same finger or fingers.



Personnel should always wear appropriate personnel protective equipment (PPE). Safety glasses and gloves should be worn to protect against hazards that may be encountered. Chemical resistant goggles to protect the eyes from splashes should be worn when working around liquids. Face shields should be worn when using powered tools that produce flying debris and dust. Face shields are sometimes substituted for eyewear. Remember, face shields protect the face from either flying debris and or chemicals. If eye and face protection are needed, wear both. The Occupational Safety and Health Administration (OSHA), has a 32-page handbook available for download in pdf format. The publication number is OSHA 3080 and is available at: <http://www.osha.gov/pls/publications/pubindex.list>.



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Do you have any safety related topics you would like to see in our publication or have any questions we can help with? Contact us at X2525.

in use. Always secure work with. Keep unnecessary personnel need to be safeguarded. Circular operating controls must be power when pressure is released.

Now HEAR this?

Did you know that the human ear has no built in defense mechanisms to block out unwanted noise?
Did you know that your hearing could be destroyed slowly, painlessly and without knowing it, until it is too late?
Did you know that “NOISE is any sound that is undesired or interferes with one’s hearing of something” according to Webster?

So, **SOUND** is any pressure variation (in air, water or other medium) that the human ear can detect. This pressure change needs to occur at least 20 times a second for the human ear to hear a sound. Therefore the number of pressure variations per second (how fast) is called the **frequency** of the sound and is measured in **Hertz (Hz)**. Thus, the rumble of distant thunder has a low frequency, while a whistle has a high frequency. The normal range of hearing for a healthy young person extends from approximately 20 Hz up to 20,000 Hz (or 20kHz) while the range from the lowest to highest note of a piano is 27.5 Hz to 4186 Hz.

The second main quantity used to describe a sound is the size or **amplitude** of this pressure variation. This size is measured in **decibel** or **dB scale**. In general, a sound doubles in intensity for every increase of 10 decibels and 3 decibels is the smallest change in sound the ear can perceive.



So when do you need protection? Hearing protection is needed when there is a steady or impulse noise which makes it difficult to communicate verbally or when you occasionally work in or walk in an especially noisy area. There are three things that indicate the need for protection from the noise source. (1) loudness, (2) how long you are exposed to the noise, and (3) how far away you are from the noise source. Here are some identified noise levels.

- 20 decibels Rustling leaves, ticking of your watch
- 35 decibels a whispered conversation
- 65 decibels normal conversation in office areas
- 88 decibels blast booths hangar 2, diamond bore machine, compressors throughout the base
- 95 decibels lawn mower
- 110 decibels power saw
- 115 + decibels rock concert (your headphones?)
- 145 + decibels jet taking off within 100 feet

Here at Lakehurst specific equipment identified as generating hazardous noise and personnel using them have been instructed in correct PPE usage. Some of these are areas, or operations like chipping, grinding, and glove box sand blasting.

Prolonged exposure to sound levels greater than 85 decibels could result in a hearing loss. Continued exposure to excessive noise without hearing protection can impair your job performance causing irritability, fatigue and stress. The critical range where hearing can be damaged painlessly is between 85 and 125 decibels.

What are some signs of hearing loss?

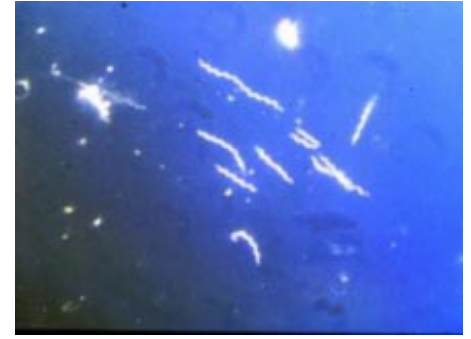
1. trouble understanding someone speaking two feet away.
2. hearing ringing, roaring, whistling in the ears, known as tinnitus.
3. shouting or raising your voice without realizing it.
4. having difficulty hearing certain high or soft sounds, like the ticking of a watch or soft voices.
5. turning the TV or radio volume up so high others complain.

The best way to protect against hearing loss is to protect your hearing today and every day. Use hearing protection on and off the job when needed. When purchasing new appliances, tools or equipment, select noise-reduced models. A little safety sense can help save one of your most valuable senses—your hearing.

If you have any questions on the type of hearing protection need to perform you job consult your supervisor or contact the Safety Office at x2525.

Lyme Disease

Lyme disease was named in 1977 when arthritis was observed in a cluster of children in and around Lyme, Connecticut. Other clinical symptoms and environmental conditions suggested that this was an infectious disease probably transmitted by an arthropod. Further investigation revealed that Lyme disease is caused by the bacterium, *Borrelia burgdorferi*. These bacteria are transmitted to humans by the bite of infected deer ticks and cause more than 16,000 infections in the United States each year.



Borrelia burgdorferi are helical shaped bacteria about 10-25µm long.



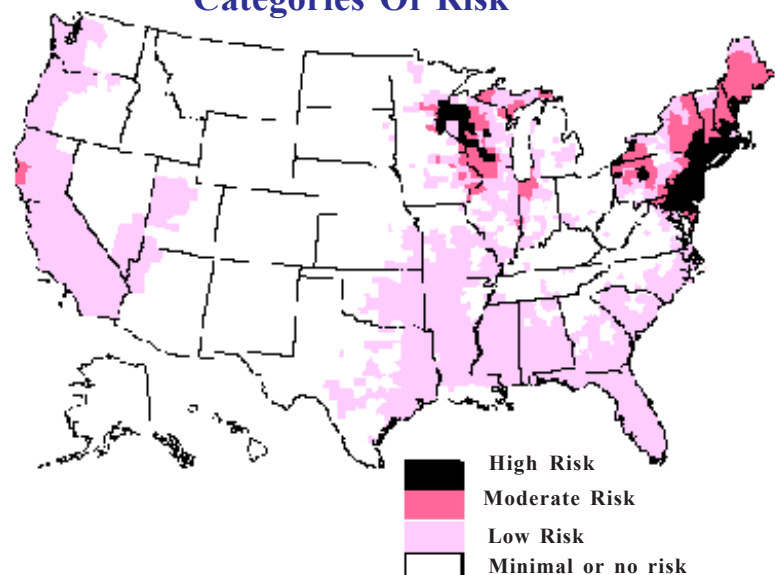
From left to right: The deer tick (*Ixodes scapularis*) adult female, adult male, nymph, and larva on a centimeter scale.

Vector: Black-legged ticks (*Ixodes scapularis*) are responsible for transmitting Lyme disease bacteria to humans in the northeastern and north-central United States. On the Pacific Coast, the bacteria are transmitted to humans by the western black-legged tick (*Ixodes pacificus*). *Ixodes* ticks are much smaller than common dog and cattle ticks. In their larval and nymphal stages, they are no bigger than a pinhead. Ticks feed by inserting their mouths into the skin of a host and slowly take in blood. *Ixodes* ticks are most likely to transmit infection after feeding for two or more days.

Risk: In the United States, Lyme disease is mostly localized to states in the northeastern, mid-Atlantic, and upper north-central regions, and to several counties in northwestern California. In 1999, 16,273 cases of Lyme disease were reported to the Centers for Disease Control and Prevention (CDC). Ninety-two percent of these were from the states of Connecticut, Rhode Island, New York, Pennsylvania, Delaware, New Jersey, Maryland, Massachusetts, and Wisconsin.

Individuals who live or work in residential areas surrounded by tick-infested woods or overgrown brush are at risk of getting Lyme disease. Persons who work or play in their yard, participate in recreational activities away from home such as hiking, camping, fishing and hunting, or engage in outdoor occupations, such as landscaping, brush clearing, forestry, and wildlife and parks management in endemic areas may also be at risk of getting Lyme disease.

National Lyme Disease Risk Map With Four Categories Of Risk



NOTE: This map demonstrates an approximate distribution of predicted Lyme disease risk in the United States. The true relative risk in any given country compared with other countries might differ from that shown here and might change from year to year.

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It is important to remember that prevention measures can be effective in reducing your exposure to infected ticks, and most patients can be successfully treated with antibiotic therapy when diagnosed in the early stages of Lyme disease.

Prevention

Avoid tick habitats: Whenever possible, avoid entering areas that are likely to be infested with ticks, particularly in spring and summer when nymphal ticks feed.

Use personal protection measures:

If you are going to be in areas that are tick infested, wear light-colored clothing so that ticks can be spotted more easily and removed before becoming attached. Wearing long-sleeved shirts and tucking pants into socks or boot tops may help keep ticks from reaching your skin. Ticks are usually located close to the ground, so wearing high rubber boots may provide additional protection.

Perform a tick check and remove attached ticks: The transmission of *B. burgdorferi* (the bacteria that causes Lyme disease) from an infected tick is unlikely to occur before 36 hours of tick attachment. For this reason, daily checks for ticks and promptly removing any attached tick that you find will help prevent infection. Embedded ticks should be removed using fine-tipped tweezers. DO NOT use petroleum jelly, a hot match, nail polish, or other products. Grasp the tick firmly and as closely to the skin as possible. With a steady motion, pull the tick's body away from the skin. The tick's mouthparts may remain in the skin, but do not be alarmed. The bacteria that cause Lyme disease are contained in the tick's midgut or salivary glands. Cleanse the area with an antiseptic.



Symptoms



Clinical Description: Lyme disease most often presents with a characteristic “bull’s-eye” rash, erythema migrans, accompanied by nonspecific symptoms such as fever, malaise, fatigue, headache, muscle aches (myalgia), and joint aches (arthralgia).

The incubation period from infection to onset of erythema migrans is typically 7 to 14 days but may be as short as 3 days and as long as 30 days. Some infected individuals have no recognized illness (asymptomatic infection determined by serological testing), or manifest only non-specific symptoms such as fever, headache, fatigue, and myalgia.

If you think you have symptoms of Lyme disease you should consult your doctor immediately. Early detection of Lyme disease is important.

The information contained in the above article is from the Centers for Disease Control and Prevention (CDC). For more information on Lyme Disease please visit their website at: <http://www.cdc.gov/>.

CPSC, Walt Disney Parks and Resorts Announce Recall of Woody Dolls

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Walt Disney Parks and Resorts is voluntarily recalling about 40,000 Woody dolls sold at the WALT DISNEY WORLD® Resort in Lake Buena Vista, Florida, DISNEY'S VERO BEACH Resort, Magic of Disney and Flight Fantastic shops located at the Orlando International Airport and Disney's Worldport shop located at Pointe Orlando. The Woody doll's clothing has buttons that can detach, posing a choking hazard for young children.

Walt Disney Parks and Resorts has received one report of a child removing a button from the Woody doll. No injuries have been reported.

The recalled doll is a cowboy named Woody, a character in the animated films Toy Story and Toy Story II. The Woody doll is a soft-bodied doll with soft plastic head, hands, boots and hat; wearing blue jeans a red/yellow-checked shirt, a black/white-spotted vest with a sheriff's badge; a red-patterned bandana and is 13 inches tall. A label sewn into the left side seam of the doll reads, "WALT DISNEY WORLD®" on one side and "©DISNEY, ALL NEW MATERIALS, POLYESTER FIBERS," several State license numbers, and "WALT DISNEY ATTRACTIONS, LAKE BUENA VISTA, FL, PRODUCT OF CHINA" on the other side. Only the Woody dolls described above are included in the recall.

These recalled soft dolls were sold from January 2000 through January 2003 for about \$12.

Consumers should immediately take the doll away from children and contact Walt Disney Parks and Resorts at (866) 228-3664 between 9 a.m. and 5 p.m. ET Monday through Friday to receive a full refund. For more information, please visit our web site www.waltdisneyworld.com. This recall does not involve items sold at the DISNEYLAND® Resort, through the Disney Store, the Disney Catalog, DisneyStore.com or at other retail outlets. Additionally, the talking versions of the Woody doll are not part of this recall.



CPSC, Robert Bosch Tool Corp. Announce Recall of Skil® Warrior Drill Battery Chargers



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Robert Bosch Tool Corp., of Chicago, Ill., is voluntarily recalling about 2 million Skil® Warrior drill battery chargers. The transformer inside the charger can overheat. If this occurs, the charger housing can melt and deform, possibly igniting flammable materials near or on the charger.

Robert Bosch Tool Corp. has received one report of a charger causing a fire that resulted in property damage, and 160 reports of chargers overheating.

These chargers were sold with or as accessories for Skil Warrior drills. The drills are black with red trim. Red lettering on the drills reads, "SKIL." The chargers have their volt size written in red lettering. The recall includes 9.6 volt, 12 volt, 14.4 volt and 18 volt chargers. The chargers were included with tool model numbers 2375, 2380, 2475, 2480, 2482, 2580, 2582 and 2882. Chargers also were sold separately with model numbers 92950, 92970, 92980 and 92990 with part number 2610995852. The model and part numbers are written on labels found on the back of the plug or on the side of the chargers.

Home centers, hardware and discount department stores sold these chargers nationwide from July 1994 through February 2003 for between \$21 and \$30.

Consumers should unplug the charger immediately. Replacement drills and chargers will be provided at no cost to the consumer. For more information, consumers should contact Robert Bosch Tool Corp. at (800) 661-5398 between 7 a.m. and 7 p.m. CT any day, or go to the Skil web site at www.Skil.com

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

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Since the beginning of the new fiscal year there have been several instances where Station personnel have been injured and the appropriate people and offices have not been notified in a timely manner or at all. OPNAVINST.23F requires that Occupational Safety and Health offices conduct a safety or mishap investigation of every mishap (military & civilian), major or minor, and handle the investigation as a search of facts.

Therefore, it is important to remember that at all levels, the immediate supervisor, group leader, team leader or what ever your title, has the greatest influence on mishap reporting. All personnel especially new arrivals shall be indoctrinated to report all mishaps. All supervisors or people in charge need to do the following when they are notified of a mishap:

- Ensure the injured gets appropriate medical attention if necessary. During normal working hours they can go to the Branch Medical Clinic or call 911. Evenings or weekends call 911.
- Secure the area
- Notify the Occupational Safety and Health Office (OSH) at X2525 and report the mishap. If after hours or on a weekend notify them on the next normal business day. Or you may visit the Safety website and download the Personal Injury report and fax it to the safety office at X2659. You can find this form at: <http://www.lakehurst.navy.mil/nlweb/safety/index.html>, go to safety forms then to personal injury. (Bookmark this page for future easy access.)
- Assist the OSH representative in the investigation

If you have any questions or concerns please contact Mr. Walter Latosh of the OSH Office at X2525.

How We Get Hurt at Lakehurst Mishaps that occurred in the Month of March

- Employee pulled muscle resulting in **2 Lost Work Days**
- Employee caught finger between equipment resulting in **Loss of Time**
- Employee smashed finger with hand tool resulting in **Loss of Time**

Definitions

Lost Work Day - Loss of atleast one full work day subsequent to the date of injury.

Loss of Time - any time lost from work on the day of the injury or after the day of injury, but not resulting in a full lost workday.

Reminder To All Supervisors

Report all injuries to the safety Office as soon as possible at X2525.

Personal Injury Notice Reports can be printed out from the Public Safety Department's Safety Occupational Safety and Health Website at <http://www.lakehurst.navy.mil/nlweb/safety/forms/forms.html>